



## City of Gaithersburg Press Release

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### For Immediate Release

## Get a New Start to a New You with Recreation Wellness, Movement & Cooking Programs

**Gaithersburg, MD (January 8, 2021)** Start off the New Year right with the City of Gaithersburg. From movement to wellness to healthy cooking programs, you'll get a new start to a new you in 2021. Register online at [www.gaitHERsburgmd.gov/recxpress](http://www.gaitHERsburgmd.gov/recxpress).

Improve your character and mental wellness with our self-improvement programs:

- [Discover Your Character Strengths: Flourish in Your Life](#)
- [Power Up Your Brain: Strategies to Optimize Your Brain](#)

Learn how to eat healthier with our Plant-Based Eating series and Eating the Rainbow youth cooking program:

- [Eating the Rainbow: Have Fun & Be Healthy](#)
- [Let's Cook@Casey Plant-Based Lunches & Dinners](#)
- [Let's Cook@Casey Plant-Based Snacks/Sides/Desserts](#)

Move and grow while keeping fit with a variety of virtual and in-person dance and fitness classes. Register now for ballet, ballroom, cardio and core, creative dance, karate, Pilates, dance fitness, high-intensity training, PiYo, poms, yoga, Zumba, and more. Select in-person activities are also available and are subject to change due to the continuing public health crises. Explore all class offerings at [gaitHERsburgmd.gov/recxpress](http://gaitHERsburgmd.gov/recxpress).

Discover all of our winter events and activities on our [seasonal programming webpage](#). Sign up for our newsletter on the City's [website](#) and follow us on Facebook [@GaithersburgRecreation](#) and on Instagram [@GburgPRC](#). For more information, call 301-258-6350.

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